

# **THE TOBACCO DEPENDENCY TREATMENT PROGRAM SMOKERS' INFORMATION CENTER**

## **1-800-Try-To-Stop (1-800-879-8678)**

### **SERVICES**

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- Gateway for most Rhode Island smokers to quit
- Trained Tobacco Treatment Staff
- Services in English, Spanish and other languages
- Hearing Impaired 1-800-TDD-1477 (1-800-833-1477)

### **MATERIALS MAILED TO CALLERS**

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- Available in English, Spanish and Portuguese.
- Selected according to stage of readiness to quit
- Designed for specific populations such as, Pregnant Women, Teens, Smokeless Tobacco Users, Family/Friends
- Mailed free of charge

### **TELEPHONE COUNSELING**

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- Consists of five counseling sessions held over the course of one month scheduled before and after the quit date
- Caller learns about smoking habits, prepares for the quit date, is supported in their effort to remain smoke free
- Prepares the smoker for their quit date and provides skills to prevent relapse

### **INTERACTIVE WEBSITE [www.trytostop.org](http://www.trytostop.org)**

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- QuitWizard, a self-directed counseling tool and quit plan
- Interactive bulletin board and chat room
- Expert advice and success stories
- Access to downloadable materials to help smokers quit

### **FACE-TO-FACE COUNSELING - Intensive Intervention**

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- Free Individual/Group counseling 8-10 weeks
- Free Patch/Free Gum supplied weekly
- Assess readiness to quit & set a quit date
- Develop a treatment plan which focuses on triggers to smoke, relapse prevention, stress and anger management
- Establish a smoke-free support network